

Full Report (All Nutrients) 09201, Oranges, raw, California, valencias

Report Date: October 05, 2015 03:38 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor: 3.36 Nitrogen to Protein Conversion Factor: 6.25

Refuse: 25% Refuse Description: Peel and seeds

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup sections, without membranes 180g	1 fruit (2-5/8" dia) 121g
Proximates						
Water	g	86.34	17	0.180	155.41	104.47
Energy	kcal	49	--	--	88	59
Energy	kJ	205	--	--	369	248
Protein	g	1.04	16	0.036	1.87	1.26
Total lipid (fat)	g	0.30	--	--	0.54	0.36
Ash	g	0.42	17	--	0.76	0.51
Carbohydrate, by difference	g	11.89	--	--	21.40	14.39
Fiber, total dietary	g	2.5	--	--	4.5	3.0
Minerals						
Calcium, Ca	mg	40	--	--	72	48
Iron, Fe	mg	0.09	16	0.005	0.16	0.11
Magnesium, Mg	mg	10	94	0.431	18	12
Phosphorus, P	mg	17	18	0.341	31	21
Potassium, K	mg	179	86	2.244	322	217
Sodium, Na	mg	0	24	0.034	0	0
Zinc, Zn	mg	0.06	2	--	0.11	0.07
Copper, Cu	mg	0.037	16	0.005	0.067	0.045
Manganese, Mn	mg	0.023	16	0.002	0.041	0.028
Vitamins						
Vitamin C, total ascorbic acid	mg	48.5	75	1.019	87.3	58.7
Thiamin	mg	0.087	78	0.001	0.157	0.105

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Riboflavin	mg	0.040	--	--	0.072	0.048
Niacin	mg	0.274	75	0.004	0.493	0.332
Pantothenic acid	mg	0.250	--	--	0.450	0.302
Vitamin B-6	mg	0.063	54	0.002	0.113	0.076
Folate, total	µg	39	81	5.212	70	47
Folic acid	µg	0	--	--	0	0
Folate, food	µg	39	81	5.212	70	47
Folate, DFE	µg	39	--	--	70	47
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	12	78	0.444	22	15
Retinol	µg	0	--	--	0	0
Vitamin A, IU	IU	230	78	8.884	414	278
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Lipids						
Fatty acids, total saturated	g	0.035	--	--	0.063	0.042
12:0	g	0.001	--	--	0.002	0.001
14:0	g	0.001	--	--	0.002	0.001
16:0	g	0.032	--	--	0.058	0.039
18:0	g	0.001	--	--	0.002	0.001
Fatty acids, total monounsaturated	g	0.055	--	--	0.099	0.067
16:1 undifferentiated	g	0.007	--	--	0.013	0.008
18:1 undifferentiated	g	0.048	--	--	0.086	0.058
Fatty acids, total polyunsaturated	g	0.060	--	--	0.108	0.073
18:2 undifferentiated	g	0.044	--	--	0.079	0.053
18:3 undifferentiated	g	0.016	--	--	0.029	0.019
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Tryptophan	g	0.010	--	--	0.018	0.012
Threonine	g	0.017	--	--	0.031	0.021
Isoleucine	g	0.028	--	--	0.050	0.034
Leucine	g	0.026	--	--	0.047	0.031
Lysine	g	0.053	--	--	0.095	0.064

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup sections, without membranes 180g	1 fruit (2-5/8" dia) 121g
Methionine	g	0.022	--	--	0.040	0.027
Cystine	g	0.011	--	--	0.020	0.013
Phenylalanine	g	0.034	--	--	0.061	0.041
Tyrosine	g	0.018	--	--	0.032	0.022
Valine	g	0.044	--	--	0.079	0.053
Arginine	g	0.073	--	--	0.131	0.088
Histidine	g	0.020	--	--	0.036	0.024
Alanine	g	0.056	--	--	0.101	0.068
Aspartic acid	g	0.127	--	--	0.229	0.154
Glutamic acid	g	0.105	--	--	0.189	0.127
Glycine	g	0.105	--	--	0.189	0.127
Proline	g	0.052	--	--	0.094	0.063
Serine	g	0.036	--	--	0.065	0.044

Languag Code(s)

- A0143 FRUIT OR FRUIT PRODUCT (US CFR)
- A1279 0900 FRUITS AND FRUIT JUICES (USDA SR)
- B1056 CALIFORNIA VALENCIA ORANGE
- C0229 FRUIT, PEEL REMOVED, CORE, PIT OR SEED REMOVED
- E0150 WHOLE, NATURAL SHAPE
- F0003 NOT HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0003 NO TREATMENT APPLIED
- J0001 PRESERVATION METHOD NOT KNOWN
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION